



Cranberry Apple Raisin Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

DESSERT

Ingredients

- ☐ 5.5 tablespoons butter cold cut into 1/4-inch pieces
- ☐ 3 cups cranberries
- ☐ 0.5 cup brown sugar dark
- ☐ 0.5 cup flour
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup old-fashioned oats
- ☐ 0.5 cup orange juice from 1 orange

- ☐ 1 orange zest grated
- ☐ 0.5 cup raisins
- ☐ 2 golden delicious apples cored peeled cut into 1/2-inch pieces

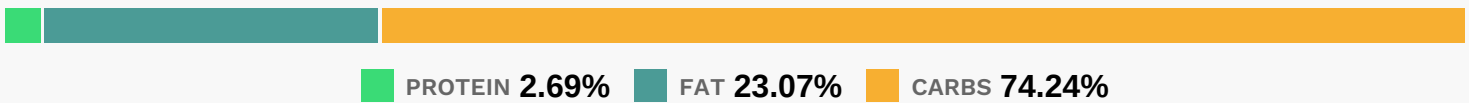
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat the oven to 37
- ☐ In a medium bowl, combine the oats, the 1/2 cup flour, and the brown sugar.
- ☐ Add the butter and rub it into the flour mixture until small crumbs form.
- ☐ In a large bowl, combine the cranberries, apples, raisins, granulated sugar, the 2 tablespoons flour, orange zest and juice, and the cloves.
- ☐ Transfer the fruit to an 8-inch square glass baking dish or a 2-quart souffl dish.
- ☐ Top the fruit with the crumb mixture.
- ☐ Bake until the fruit is tender and the crumb topping has browned, about 45 minutes.
- ☐ Let cool at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:105.72, Glycemic Load:52.58, Inflammation Score:-7, Nutrition Score:12.806956511477%

Flavonoids

Cyanidin: 36.25mg, Cyanidin: 36.25mg, Cyanidin: 36.25mg, Cyanidin: 36.25mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.89mg, Peonidin: 36.89mg, Peonidin: 36.89mg, Peonidin: 36.89mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg

1.48mg, Catechin: 1.48mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 10.13mg, Epicatechin: 10.13mg, Epicatechin: 10.13mg, Epicatechin: 10.13mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg, Epigallocatechin 3–gallate: 0.9mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg, Quercetin: 14.86mg

Nutrients (% of daily need)

Calories: 634.86kcal (31.74%), Fat: 16.98g (26.12%), Saturated Fat: 10.11g (63.18%), Carbohydrates: 122.96g (40.99%), Net Carbohydrates: 114.98g (41.81%), Sugar: 79.53g (88.36%), Cholesterol: 41.39mg (13.8%), Sodium: 141mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Manganese: 0.92mg (46.17%), Vitamin C: 35.24mg (42.72%), Fiber: 7.98g (31.94%), Vitamin B1: 0.25mg (16.45%), Potassium: 471.89mg (13.48%), Selenium: 9.23µg (13.18%), Vitamin A: 650IU (13%), Iron: 2.23mg (12.36%), Folate: 46.94µg (11.74%), Vitamin E: 1.68mg (11.22%), Vitamin B2: 0.19mg (11.21%), Copper: 0.22mg (10.79%), Phosphorus: 102.03mg (10.2%), Magnesium: 39.17mg (9.79%), Vitamin B6: 0.16mg (8.06%), Vitamin B3: 1.59mg (7.94%), Vitamin K: 7.56µg (7.2%), Calcium: 61mg (6.1%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.67mg (4.47%)